



Protect your child from the flu

Influenza (the flu) puts hundreds of Washington State children in the hospital each year. The flu can cause fever, cough, muscle aches, weakness and headache. It can also cause pneumonia, and other severe health problems.

Anyone can get the flu, and it is spread easily from one person to another. Pregnant women and young children, are more likely to become *seriously ill* from the flu.

Who Should Get the Flu Vaccine?

- Babies 6 to 23 months old
- Children with medical conditions like asthma, diabetes or heart problems
- Pregnant women
- Anyone living with or caring for infants under 6 months of age

A flu shot is the best way to protect your child from the flu.

Call your doctor, nurse or clinic today!

The flu shot does not cause the flu.

The flu shot contains an inactivated (killed) virus that will not give you the flu. There may be some soreness where the shot is given. Some people may feel slightly feverish or achy for 1-2 days while their immune system responds to the vaccine.

Help stop the spread of the flu.

Here are some ways you and your family can help stop the spread of the flu:

- Get a flu vaccine.
- Wash your hands often with soap and water, or use a hand sanitizer.
- Try not to touch your eyes, nose or mouth.
- Cover your nose and mouth with a tissue every time you sneeze or cough.
- Stay home when you are sick.
- If you have a fever or a cough that won't go away, see your doctor.

Find out more.

To find out more about the flu shot and other immunizations, visit the Department of Health website: www.doh.wa.gov/cfh/immunize

For help finding an immunization clinic, call Healthy Mothers, Healthy Babies at 1-800-322-2588.



This publication is available in other formats.
Call 1-800-525-0127 or TTY relay 711.